



VALUE OF WOMEN EMPOWERMENT

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ABSTRACT

Women empowerment may be defined in several ways, including accepting women's viewpoints, making an effort to seek them and raising the status of women through education, awareness, literacy and training women empowerment equips and allows women to make life- determining decisions through the different societal problems. They may have to opportunity to redefine gender roles or other such roles, which allow them more freedom to pursue desired goals. According to food and Agriculture Organization (FAO), increasing women's empowerment is essential for women well being and has positive impact on Agricultural productive, food security, diets and child nutrition.

Mother Teresa says "I alone cannot change the World, but I can cast a stone across the waters to create many ripples." Empowerment is not a competition; it is collaboration. Women empowerment means to make choices and decisions and have equal access to resources and opportunities. Women empowerment can take many forms, like education, economic, political and social. A bird cannot fly with one wing like that empowerment is not a one women show, it is a group effort. In India women are stereotyped traditionally the word Ardhanarishvara means "The Lord whose half is a woman." We must work all together as both need each other to survive the flourish.

Women are real architects of society. Women's empowerment aims to create a world where woman have the power and freedom to live their lives without discrimination or limitations based on gender.

Women constitute 48% of the total population of the country. As compared to men they suffer many disadvantages in literacy rate, earnings and labor participation. As a mother she plays the most valuable role in child's nurture. Among the parents a mother's role is most important. A woman is a most valuable person in the family. The modern society had started recognizing the individual identity of women. Women are becoming active members and contributing their part to women's welfare. When women support each other incredible things happen. A women's strength is measured by her ability to empower other woman. The strong women empower one another.

INTRODUCTION

Mrs. Pratibha Patil says "There is no substitute to women empowerment if we have to bring social equality in the country. If women are unhappy, individual home, society and the nation will not prosper."

1. **Gender Equality:** Gender equality means that women and men have equal rights, opportunities and resources and can participate equally in all aspects of life. Women empowerment is essential for achieving gender equality which is fundamental human rights.
2. **Social Justice:** women empowerment is also essential for achieving social justice. Women and girls are often subject to discrimination, violence and other forms of oppression because of their gender. A women's voice is her superpower.
3. **Economic Growth:** when women have equal access to education, employment and other opportunities, they are better able to contribute to the economy and society as a whole.

4. **Freedom of Expression:** women's ability to express themselves freely and without fear of discrimination is essential for their empowerment and participation in society.
5. **Decision Making Power:** Empowering women to make decisions about their own lives, like decisions about their own health, education and career. A women's strength lies in her ability to lift others up.
6. **Participation in Politics, Defence, Sports And Games:** women's participation in various fields, including politics, defence, sports and games can break down gender stereotypes and empower women to take on leadership roles, and challenges gender based discrimination .
7. **Violence and discrimination:** Violence and discrimination against women including domestic violence, sexual harassment and gender based discrimination continue to be major obstacles to women's empowerment in India.

Women empowerment through educate refers to the process of providing girls and women with the knowledge skills and confidence to participate fully in society and make informed decisions about their loves.

Education is one of the most powerful tool for empowering women. Economic empowerment, health and well being, political participation and social empowerment are some ways that education can help empower women.

Overall women's education is essential for achieving gender equality and empowering women to realize their full potential. Empower the women empower the world.

“When women come together mountains moves.”

Women empowerment has five components:

- Women's sense of self worth.
- Their rights to have and to determine choices.
- Their rights to have access to opportunities and resources.
- Their rights to have the power to control their own lives both within and outside the house.
- Their ability to influence the direction of social change to create a more just social and economic orders, nationally and internationally.

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